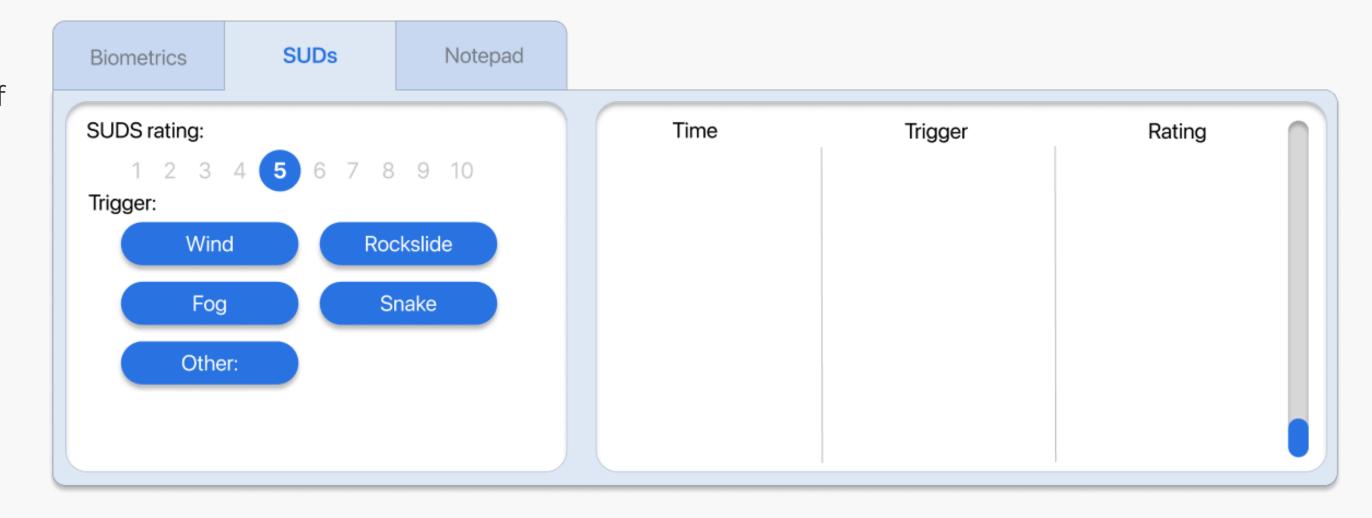# SUDS BREAKDOWN

This tab allows for the experimenter to report the user's SUDs (Subjective Units of Distress) rating, and to correlate this rating to a numerical number associated with a specific trigger.

The right hand side of this tab allows the experimenter to keep track of the SUDs ratings throughout the experiment: detailing a time, trigger, and rating.